



Frequently Asked Questions about Quitting Smoking

Why should I quit?

You will live longer and feel better. Quitting will lower your chances of having a heart attack, stroke, or cancer. The people you live with, especially children, will be healthier. If you are pregnant, you will improve your chances of having a healthy baby. And you will have extra money to spend on things other than cigarettes.

What is the first thing I need to do once I've decided to quit?

You should set a quit date—the day when you will break free of your tobacco addiction. Then, consider visiting your doctor or other health care provider before the quit date. She or he can help by providing practical advice and information on the medication that is best for you.

What medication would work best for me?

Different people do better with different methods. You have five choices of medications that are currently approved by the U.S. Food and Drug Administration:

- A non-nicotine pill (bupropion SR).
- Nicotine gum.
- A nicotine inhaler.
- A nicotine nasal spray.
- Nicotine patch.

The gum and patches are available at your local pharmacy, or you can ask your health care provider to write you a prescription for one of the other medications. The good news is that all five medications have been shown to be effective in helping smokers who are motivated to quit.

How will I feel when I quit smoking? Will I gain weight?

Answer: Many smokers gain weight when they quit, but it is usually less than 10 pounds. Eat a healthy diet, stay active, and try not to let weight gain distract you from your main goal—quitting smoking. Some of the medications to help you quit may help delay weight gain.